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Weekly Bulletin



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EDITOR

Mortality from Typhoid Fever: 1921.

The Department of Commerce, through the Bureau of the Census, announces that there were over eight thousand deaths from typhoid fever in 1921 in the registration area, which comprises 82 per cent of the total population of the United States. The death rate from this disease was 9 per 100,000 population in 1921, as compared with 7.8 in 1920.

Of the 34 states shown for 1921 and 1920, only 9 show lower rates in 1921 than in 1920, as follows:

State	1921	1920
California	4.3	4.8
Connecticut	3.6	4.1
Maine	7.6	9.0
Michigan	7.7	7.9
Montana	3.5	4.8
New Hampshire	3.6	6.8
North Carolina	12.0	12.5
Vermont	5.4	10.5
Washington	5.4	5.6

In 1921 Rhode Island had the lowest adjusted rate (2.6 per 100,000 population), while South Carolina had the highest (26.5).

Of the 11 states showing rates by color, the lowest adjusted rate for the white population in 1921 was 3.6, and the lowest for the colored was 1.9, both for New York State, while the highest adjusted rate for the white population was 24.8 for Kentucky and for the colored 40.7 for Tennessee.

For the 27 states contained in the registration area of 1917, the death rate from typhoid fever per 100,000

population was 13.5 in 1917, 12.6 in 1918, 9.2 in 1919, 7.8 in 1920, and 8.7 in 1921.

Annual Report of the U. S. Public Health Service.

The annual report of the Surgeon General of the Public Health Service of the United States for the fiscal year ended June 30, 1922, has just been issued. The report covers the work of the one hundred and twenty-fourth year of the existence of the service.

The Public Health Service is the federal agency charged with the protection of the health of the people of the United States. It guards against the introduction of communicable diseases from foreign countries and the spread of these diseases from state to state, and it cooperates with state and local health departments in the suppression of epidemics and the correction of conditions affecting health which might become a menace to the nation.

The many activities of the Public Health Service during the year are described in the report, including, among others, the study of diseases of man for the purpose of finding effective means for the control of preventable diseases; studies in industrial hygiene and in the pollution of streams and the disposal of human excreta. Rural sanitation is said to be one of the most productive and economical of the cooperative functions of the Public Health Service.

from the standpoint of measurable results.

One of the scientific accomplishments of the year is the development of a new gas for the fumigation of vessels for the destruction of disease-bearing insects and vermin without injury to vessel or cargo.

The necessity for, and the value of, work for the control of venereal diseases have been demonstrated, and research work is in progress which gives promise of greatly improved methods of treatment, particularly in the case of certain late manifestations of syphilis.

Threatened outbreaks of plague in several localities have been controlled, and the importation of yellow fever from Central and South America has been prevented.

A feature which has attracted popular attention is the giving of advice by wireless to ships at sea by medical officers of the Public Health Service as to the care of seamen or passengers who may be injured or ill. This service has been helpful to ships which do not carry physicians.

Public health information has been sent out to the public from a number of broadcasting stations. This service has been developed with very little expense to the government.



PRE-NATAL TALK.*

One of the most important things in preparing for the new baby is the preparation of the layette. It is just as significant to dress the baby properly as it is to feed the baby properly, and more harm can be done by improper clothing than one perhaps realizes. At all times it must be remembered that tight clothing and too much clothing are harmful. Tight clothing restricts free movements of the body, limiting the baby's exercise and breathing, while too much clothing will tend to make the baby very restless.

As in buying clothes for an adult, one is guided largely by the size of the individual pocketbook. The woman who sews herself is indeed fortunate, because it is the handwork that makes the tiny garments so dainty and attractive.

It is best, perhaps, to buy the shirts, of which there should be four, sizes 2 and 3. Cotton, silk and cotton, or wool and cotton shirts are most popular.

*Number 9 in the series appearing in the San Francisco Call each Saturday.

The shirts should be free from pins or buttons and tie with tapes. The Vanta shirt is highly recommended for this reason.

Abdominal Band.

Every baby, until it is six weeks old, should wear an abdominal band of the softest material possible, so as not to irritate the skin. Two-thirds of a yard of flannel, torn into five-inch strips and tied with tapes or sewn, will make a sufficient number of bands.

After six weeks the baby no longer needs an abdominal support. It is then replaced by a knitted band, supported from the shoulders with a tab in front, to which the diaper may be pinned.

In purchasing the diapers, there is also a choice of materials, namely, birdseye, outing or canton flannel.

Fortunately, the oldfashioned pinning blanket, with its tight restricting band, has given place to the modern Gertrude. The Gertrude is a flannel slip without sleeves, supported from the shoulders and reaching to the bottom of the dress. It buttons to each shoulder and may be finished around the armholes and neck-line with scalloping, crocheting, or with a simple flat binding.

There should be no harsh finishing around the neck, as it will irritate the skin of the new baby.

Plain Garments.

Corresponding to the flannel Gertrude is the nainsook or batiste Gertrude, made in the same simple way and serving as a covering for the flannel slip. Of both types of Gertrudes, four at least, will be necessary.

The outside dress of the baby varies entirely according to the mother's taste, but the plainer garments are usually the most satisfactory. Six little white dresses should be ample for the needs of the baby. If the dresses and Gertrudes are made 25 inches long, they will afford sufficient protection for the baby's feet.

Little knitted booties are very desirable in cold weather and are, I think, a great deal more satisfactory than stockings.

Long kimono wrappers made of canton flannel, challie or a similar material, are necessary for the baby when the latter is picked up on chilly days. Short knitted sacks, which are very easily and inexpensively made, are also very useful.

Wrap Loosely.

When the tiny baby is picked up it should always be loosely wrapped in a warm, light blanket. Hand knitted or hand crocheted blankets are the most attractive, as well as the most practical, but they also can be made of the different woolen materials.

When the baby is prepared for the night, all of the garments should be changed, and a fresh shirt and diaper put on under the nightgown. Nightgowns of cotton flannel, tied at the neck, wrist, and at the foot, with draw strings, may be made at home. It is possible to buy gowns made of a knitted material similar to the shirts, but somewhat heavier, which are very short and warm, and of which the second size is purchased. These will be large enough for the child until at least a year and a half old. Four such gowns complete the layette.



The Baby's Bath.*

The baby's bath needs several conveniences prepared to be the expeditious affair it should be—the bathroom with a small electric heater, a board covering one end of the tub to hold trays, towels and an extra basin; a small clothes rack on which clothes are aired, and a stool on which to place the metal tub in case the rubber bathtub is not used.

The bathing-tray takes the place of the old fashioned be-ribboned baby basket. It consists of a white enamelware tray on which are a soap dish, a glass pot for cotton, one for toothpicks wound with cotton for applicators, a tube of vaseline, a box of talcum powder, a glass jar containing a boric acid solution and a block of soap into which safety pins are stuck, the soapy coating making their use in diapers, etc., more easy. The receptacles and tray can all be washed as often as soiled and present a far more sanitary and attractive appearance than the ordinary baby basket.

Preliminary Washing.

The basin is to be used to wash baby's face, ears, neck and head. Then the baby is well soaped and dipped slowly into the water of the bath. This preliminary washing can be done over the edge of the tub, but in either case the face and head should be washed and dried preceding the body washing.

*Number 10 in the series appearing in the San Francisco Call each Saturday.

The corners of the eyes are cleansed with a piece of soft cotton dipped in the boric acid solution. Nothing should be put into the baby's eyes except under medical orders; they are a self-cleansing piece of apparatus.

The baby's nose is best cleansed with a cotton applicator wound so the end is a soft brush and a bit of vaseline rubbed into the nostrils with this. This application softens any dry discharge and is easily removed by the applicator.

Cleansing the Ears.

The ears should be cleansed by a bit of cotton (moistened and wrapped over the finger. If the wax is very free it can thus be wiped out of the external canal. Keep even an applicator away from the ear canal.

The mouth may be washed daily with a boric acid solution, but cold water to drink does this equally well.

The baby is best held in its bath by passing the left hand under the back and grasping the shoulders with the second, third and fourth fingers, and the neck and head with the thumb and forefinger. As the baby grows it supports its head and the whole hand passes to the shoulder. The feet are grasped by the right hand and the baby slowly put into the water. The temperature of the bath should be 90 degrees and lowered gradually to 85.

Before beginning the bath, the electric stove should be turned off.

Pat It Dry.

The baby is rinsed off with the right hand, special attention being paid to the creases of the body which have previously been well soaped. The baby is then lifted onto the lap where a flannel or crash bathing apron awaits it. It is patted dry with soft towels.

A bathing table is useful and serves also as a convenience in changing the baby. The powder, cotton and fresh diapers are kept in pockets, and the table is covered with a firm white canvas.

Powders are used on babies to secure dry creases and should never be used in excess, but rubbed off and not allowed to be "crumby," as they then irritate instead of soothing the skin.

Caution on Vaseline.

Vaseline should not be used where two surfaces meet, as it macerates (over-softens) the skin and makes it more tender. If everything is ready

beforehand, ten minutes will cover the actual bathing and dressing of the baby.

Boric acid solution is made by putting two tablespoonfuls of boric acid to a pint of boiling water in a jar. This jar can be filled with boiling water as long as crystals remain in the bottom. For use the clear fluid is poured off in a smaller glass.

"Probably the oldest communicable disease is bubonic plague, more correctly called polyadentis. Africa, Asia and Europe have been its playground and each century has found it prevalent somewhere. There is evidence of its having been a pestilence in the reign of Egypt's earliest kings. Athens lost more than one-third of its population by the plague epidemic of 423-420 B. C. Livy reports it as having destroyed a million persons in Africa in the year 221 B. C. Throughout history the awful trail of mortality from the bubonic plague continues. In round numbers, the total number of people destroyed by this disease would reach considerably over fifty millions."

Cholera and plague in 1921. The "Klinische Wochenschrift" cites some recent official data which state that Australia and America escaped cholera during 1921, while there were 150,000 fatal cases in India and 180,000 known cases of cholera in Russia. Germany had some laboratory infections at Königsberg. British India paid the heaviest tribute to plague, with 125,000 fatal cases. Netherlands, India, reported 10,000 deaths from it in Java alone; Indio-China, 1000. Manchuria was affected more than the rest of China, and there were 356 cases in Egypt and 1789 in the Senegal. Small foci developed in central South American countries and the Azores and Australia also had cases. A few cases, up to 14 at Constantinople, were observed at Naples,

Rome, Venice, Lisbon, Paris and Clichy on the Seine.—Journal of the A. M. A.

MORBIDITY.*

Smallpox.

Nine cases of smallpox have been reported, two from Oakland, two from Shasta County, one from Eureka, two from Ventura County. Santa Ana 1, Maxwell 1.

Typhoid Fever.

Twelve cases of typhoid reported are distributed as follows: Burbank 2, Long Beach 1, Los Angeles 2, Hawthorne, Los Angeles County, 1, Marin County 1, Monterey County 1, San Francisco 2, San Joaquin County 1, Santa Cruz 1.

Cerebrospinal Meningitis.

Whittier 1, U. S. Naval Training Station, San Francisco 1, Riverside 1.

Epidemic Encephalitis.

Ontario reported one case.

Botulism.

Los Angeles reports two cases, causative agent unknown.

Delhi, Merced County, reports two cases, due to infected home canned string beans.

*From reports received to date for last week.

COMMUNICABLE DISEASE REPORTS.

Disease	1922				1921			
	Week ending			Reports for week ending Dec. 23 received by Dec. 26	Week ending			Reports for week ending Dec. 24 received by Dec. 28
	Dec. 2	Dec. 9	Dec. 16		Dec. 3	Dec. 10	Dec. 17	
Anthrax	0	0	0	0	1	0	0	0
Cerebrospinal Meningitis	0	2	8	3	3	5	4	3
Chickenpox	86	148	118	74	89	116	94	75
Diphtheria	215	205	171	179	371	399	384	282
Dysentery (Bacillary)	1	0	1	2	5	3	0	2
Epidemic Encephalitis	4	3	3	1	7	2	1	2
Gonorrhoea	171	81	125	87	58	94	155	60
Influenza	17	35	26	21	24	30	16	5
Leprosy	0	1	0	0	3	0	1	1
Malaria	2	5	2	2	1	8	0	0
Measles	21	20	24	21	12	13	14	28
Mumps	20	13	17	15	107	64	95	43
Pneumonia	105	109	96	121	125	89	99	90
Poliomyelitis	0	0	0	0	9	2	8	1
Scarlet Fever	179	174	156	105	174	174	181	151
Smallpox	16	12	4	9	76	157	114	127
Syphilis	110	83	130	56	78	142	109	74
Tuberculosis	96	154	157	75	203	155	147	86
Typhoid Fever	15	19	9	12	19	10	19	8
Whooping Cough	57	51	71	34	31	39	30	24
Totals	1115	1116	1118	817	1396	1502	1471	1062